



Reel in your kids' food choices.

Encourage your children to make better food choices and to be active. Show them you want them to be healthy by stocking your shelves and refrigerator with healthy choices.

May

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5 <small>Cinco de Mayo</small>	6	7	8	9	10
11 <small>Mother's Day</small>	12	13	14	15	16	17
18	19	20	21	22	23 <small>Example: Mom played Frisbee with the kids today.</small>	24
25	26 <small>Memorial Day</small>	27	28	29	30	31

Did you know it's...

- National Bike Month
- National Physical Fitness & Sports Medicine Month
- National Women's Health Week – May 11-17
- National Women's Check-up Day – May 12
- National Running and Fitness Week – May 25-31
- National Senior Health & Fitness Day – May 28
- World "No Tobacco" Day – May 31

Achievement Ideas

1. **Veggie of the month — Peppers.** Try cutting up some peppers and eating them as a snack at least twice this month.
2. Remember how much fun skipping rope was when you were a child? Try it again once a week with your kids.
3. Park at the far end of the parking lot each time you go shopping this month.
4. **What's your idea?** _____

Total number of achievements this month: _____



Meal Tips

Breakfast

Substitute whole-wheat flour for some of the white flour in your pancake, waffle, or muffin recipe.

Lunch

Choose lean or low-fat lunch meats for your sandwiches.

Dinner

Add crushed pineapple to coleslaw, or include mandarin oranges or grapes in your tossed salad.

Simple Snack

Maxi Mix — Mix together equal amounts of lightly salted peanuts, raisins, puffed wheat, or other mini-wheat cereal, mini pretzels, and cheese-flavored popcorn.

www.presidentschallenge.org
www.americaonthemove.org
www.mypyramid.gov
www.fruitsandveggiesmatter.gov (recipes)
www.3aday.org



Activities

- Biking
- Inline skating
- Mowing the lawn
- Gardening
- Walking

Fun Fact

Breakfast powers up your brain in the morning. Whether at work or school, a good breakfast can help you pay attention and do better.

